

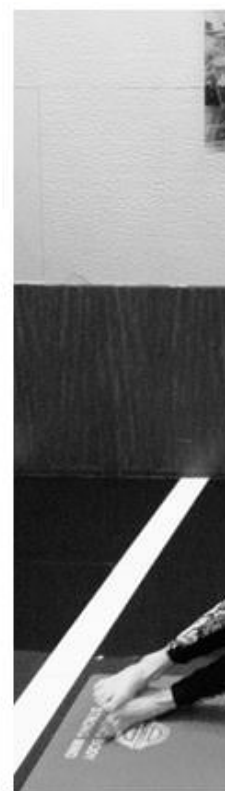
## Yoga pose for February

### Side Plank/ Vashistasana

Start in a plank pose. Bring your feet together and place the right foot on the left side of the mat under your chest. Swivel to the right and place the right foot on top of the left foot. Stack your hips on top of each other and keep your body in a straight line. Lift your right arm to the ceiling and try to keep a long line from one wrist to the other. To modify the pose you may come down onto your left forearm and place your right hand on the hip. You may also place your top foot in front of the bottom foot on the floor. Hold this pose for 3 long breaths. You may be able to hold longer over time.

This pose is great for core strength and arm strength. The waist gets stronger too.

Make sure you really push down through your fingers so that your wrist is protected.



Read Melinda's February newsletter [here](#) .

*Classes cater for all levels of ability and ages. Private classes also available.*

## Yoga Pose of the Month - Side Plank

Written by Melinda Wright

---

*Please contact Melinda for more details*

**Email:** [melindawright72@yahoo.com.au](mailto:melindawright72@yahoo.com.au)

**Whatsapp:** 6807 5773

**Website:** [www.melindawright72.wixsite.com/website](http://www.melindawright72.wixsite.com/website)

About Melinda:

## Yoga Pose of the Month - Side Plank

Written by Melinda Wright

---



[melindawright72@yahoo.com.au](mailto:melindawright72@yahoo.com.au)